

I claim:

Claim 1. A method of heat insulating an element of a hot or cold fluid distribution system comprising the following steps,

providing an insulation system formed by a thin plastic jacket material around the element,

the jacket forming air spaces around the element

the jacket creating the air spaces by providing around the element a core having at least some portions extending away from the element and a sheet which is attached to the core at one point only and which covers the core,

choosing the jacket material thickness such that the insulation value of the jacket material is insignificant relative to the overall insulation value of the insulation system,

the air spaces forming substantially all of the insulation value of the insulation system,

omitting other kinds of solid insulation from the air spaces,

joining the sheet to itself along a longitudinally extending seam, and

sealing the longitudinally extending seam.

Claim 2. The method of claim 1 wherein,

the joining step is performed by taping the longitudinally extending seam of the cover.

Claim 3. The method of claim 1 wherein,

the core is formed by a planar plastic member having portions which extend out of the plane in at least one direction.

Claim 4. The method of claim 3 wherein,

The core is formed having portions which extend outwardly in opposing directions.

Claim 5 The method of claim 1 wherein,

the core is formed by a plastic member having corrugations extending longitudinally of the element.